

Leisure



**ELDERLY
RESIDENTS
IN ONTARIO**

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**ELDERLY RESIDENTS IN ONTARIO:
THEIR PARTICIPATION IN LEISURE ACTIVITIES
AND THE BARRIERS TO THEIR PARTICIPATION**

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SUMMARY

This paper focuses on the leisure time of the 846 respondents interviewed for the United Senior Citizens of Ontario survey. The way the respondents spend their leisure time, the satisfaction they express with the extent of their participation, and the barriers they cite to participation are the principal areas of concern.

The respondents were asked to indicate their participation in 21 activities. Included were solitary activities such as reading; group activities like club membership; activities requiring a minimum expenditure of energy like talking on the phone with family/friends and activities requiring considerably more energy such as sports.

The respondents' participation varied considerably by activity. Over 80% received visits from family, spoke on the phone with family, went to visit family, received visits from friends, read and spoke on the phone with friends. Over one-half of the respondents gardened, travelled and/or attended church. Less than one-fifth participated in sports or helped out at election time.

Although 69 percent of all activities carried out were done to the satisfaction of the respondents, only four percent of the respondents indicated satisfaction with their participation in all the 21 activities. The activity for which the largest proportion of respondents desired to increase their participation was travelling. A significantly large proportion of the respondents wanted to increase contacts with family.

The respondents who reported satisfaction with the extent of their participation were distinguished by the fact that the majority were female, were between the ages of 75 to 84, had nine to twelve years of schooling and were British in origin. Forty-four percent of the group had no interfering health conditions.

Those who indicated that they wanted to participate more than they were currently doing or that they wanted to become involved in selected activities were asked to indicate the barriers to their participation. Almost one-quarter (23%) of the barriers cited related to health; thirteen percent were cost related; eight percent were associated with distance; six percent involved the absence of companions; five percent related to the absence of transportation; two percent pertained to the absence of opportunities and two percent centered around the lack of knowledge on the part of respondents as to how to get involved.

Differences across areas were found in the type of barriers cited. Expense was predominantly reported in Toronto. Distance was most frequently cited in the rural areas; the absence of companions was reported most often in the urban areas. Transportation problems comprised a smaller proportion of the reported barriers in Toronto than in any of the remaining areas.

The demographic characteristics of the respondents, specifically, age, income and marital status, discriminated among groups in the type of barriers reported. A comparison of the older respondents to the younger respondents revealed that the older respondents were more likely to cite health, transportation, the absence of companions and being too old as barriers. Older respondents were less likely to report that other involvements and/or expense kept them from participating in the activities they desired.

The respondents who had higher incomes had more of a tendency than the respondents with lower incomes to indicate that other involvements and expense were barriers to their participation. Respondents with higher incomes were less likely to report transportation as an impediment to their activity.

The marital status of the respondents discriminated among groups with respect to reporting the following barriers: health, other involvements, expense, absence of transportation, absence of companions and family health problems. Widowed respondents more frequently cited health and the absence of companions as barriers. Married respondents had a greater tendency to define other involvements and expense as reasons for not participating as much as they desired. Single persons frequently reported transportation to be a problem.

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1. INTRODUCTION

This paper is part of a series on the findings of the United Senior Citizens of Ontario survey.¹ The principal objective of the survey was to systematically examine the living situation of persons 62 years of age and older who reside in the community and outside of institutional settings. In this survey a scientific random sample of 846 persons was interviewed from eight areas across the Province. The areas included five urban centres: Brockville, Penetanguishene, Sault Ste. Marie, Toronto and Windsor, and three rural communities: Athens, Bruce Mines and Cookstown.

The purpose of this paper is to examine the leisure time of the 846 respondents. The paper concentrates on the type of activities the respondents participate in, the satisfaction the respondents express with the extent of their participation, and the barriers to either lack of participation or unsatisfying participation. Central to the discussion is an exploration of the characteristics of persons who reported particular barriers to their leisure involvements.

Although leisure participation can be easily identified, the concept of leisure has received a variety of definitions. Leisure has sometimes been seen as "non-work". Gordon, Gaitz and Scott (1976) define leisure as expressive activity for the purpose of intrinsic satisfaction. Broader definitions of leisure include:

Leisure is an activity - apart from the obligation of work, family, and society - to which the individual turns at will, for either relaxation, diversion, or broadening his experiences and his spontaneous social participation, the free exercise of his creative capacities (Dumazedier, 1967: 16-17)

Leisure... consists of relatively self-determined activity-experience that falls into one's economically free-time roles, that is seen as leisure by participants, that is psychologically pleasant in anticipation and recollection, that potentially covers the whole range of commitment and intensity, that contains characteristics norms and constraints, and that provides opportunities for recreation, personal growth and service to others. (Kaplan, 1975:26)

¹ Refer to the Appendix for a list of other papers in this series.

Few systematic studies have been carried out on the leisure time of older adults, on the changes in activity patterns that persons experience over their life cycle or on the value of these activities for the older persons' well being. Of the studies that have been conducted, most are American in origin. Their findings have suggested that although considerable continuity exists in both the way persons spend their leisure time over their life time, age differences are found (Gordon, Gaitz and Scott, 1976). Older persons tend to be involved in fewer activities and a narrower range of activities. The activities in which they choose to participate frequently less intense and less physically demanding.

Zablocki and Kanter (1976) maintain that the older persons' use of leisure time is a function of life style and is highly associated with social class, education, age and sex. Studies by Gordon, Gaitz and Scott, (1976) and Payne and Whittington (1976) have provided evidence for Zablocki and Kanter's premise. They have shown that older men are more frequently involved in sports and travel. Women more frequently partake in handiwork, television viewing, socializing and reading. Persons in the working class are more likely to favor television viewing, family socializing and sports within same sex groups, while persons in the upper and middle classes are more likely to participate in clubs, cultural events and travel (Gordon, Gaitz and Scott, 1976).

The recreational patterns of older Canadians, and in particular, older Ontarians, have not been systematically examined. There are no scientific studies to document the meaning that recreational activities holds for older Canadians. Despite the absence of this information, the significant value of recreational activities for older persons is assumed. In Recreation for Older Adults (1979), a publication of the Ontario Ministry of Culture and Recreation, the authors point to the important role of recreation in the lives of older persons. They state:

Recreation's role in the lives of the aged, has been thoroughly documented by numerous socialologists and gerontologists, as well as recreationists. There is consensus among them that it is obviously important for older people to have a range of interesting, appropriate, and satisfying recreational opportunities available for them to meet some of their socio-physiological needs as well as to fill the potentially greater number of leisure hours in their later lives. Such all-encompassing benefits as the improvement of physical/health and emotional well-being, the re-awakening of creative impulses, the encouragement of social involvement, and the provision of meaningful roles in retirement years, have all been attributed to program of recreation services (p.1).

The authors write further:

...On the basis of past investigation, one is led to the conclusion that activity in general, and inter-personal, meaningful, satisfying activity in particular, seems consistently important for predicting an individual's sense of well-being in later years...

Within this total context, it is important for older people to have a range of interesting and appropriate recreational and leisure opportunities available to them (p. 2).

In view of the absence of documentation on the recreational patterns and interests of older Ontarians, and in view of the value assigned to recreation by a number of gerontologists and governmental bodies, the recreational interests of older persons residing in Ontario's communities were systematically examined in the USCO study. This examination was designed to assess the older persons' activity patterns and to analyze the barriers, if any, to their participation.

2. THE RESPONDENTS' PARTICIPATION IN RECREATIONAL ACTIVITIES

In order to get an understanding of the way the respondents spent their leisure time, the respondents were asked about their participation in 21 activities. The activities included solitary activities such as handicrafts, group activities like club participation, activities requiring minimal output of energy like reading and activities requiring a greater output like sports. Table 1 illustrates the number of persons who, at the time of the interview, participated in each of these activities. The participation varied from a low of eleven percent (n=92) for persons helping out at election time to a high of 93% (n=775) for persons receiving visits from family members.

More than eighty percent of the respondents received visits from family, spoke on the phone with family, went to visit family, received visits from friends, read and spoke on the phone with friends. Over two-thirds (67%, n=567) attended church/synagogue; sixty-three percent (n=530) travelled; 57% (n=479) gardened; 35% (n=293) went to the movies; 27% (n=228) did volunteer work and eighteen percent (n=154) participated in sports.

The respondents who had been participating in each of the activities were asked if they wanted to participate more than they had already been doing. Of the total number of activities carried out by the respondents, 69% (n=7,271) were done to the respondents' satisfaction.

Table 2 illustrates the number of respondents who wanted to increase their participation in each of the activities considered. The activity for which the largest proportion of respondents desired to increase their involvement was travelling (59%, n=309). At least one-third of the respondents said they wanted to receive visits from family (40%, n=305), go to visit family (37%, n=271), take walks (34%, n=225), go for drives (34%, n=208), partake in hobbies (33%, n=131), go to the theatre (45%, n=131) and go to sports events (33%, n=66) more frequently than they had currently been doing.

Many of the respondents indicated they did not currently partake in the activities, and that they had no interest in doing so. Lack of involvement in three-quarters of the activities was the choice of the respondents.

Some of the respondents stated that although they did not currently partake in the activities, they wanted to become involved. Table 3 shows that the activities for which the largest number of respondents wanted an involvement were receiving visits from family (63%, n=35), going to visit family (57%, n=54), traveling (50%, n=151), taking walks (49%, n=83), reading (48%, n=49), going for drives (44%, n=91), receiving visits from friends (41%, n=44), going to visit friends (38%, n=69) and speaking on the telephone with family (37%, n=51). Approximately one-fifth of the respondents said they wanted to become involved in volunteer work (23%, n=135), go to the theatre (20%, n=83), partake in hobbies (20%, n=83), entertain (20%, n=63) and/or participate in clubs (19%, n=94).

3. A PROFILE OF RESPONDENTS WHO REPORTED SATISFACTION WITH THE EXTENT OF THEIR PARTICIPATION

Of the 846 persons interviewed, only six percent (n=46) said they were satisfied with their participation in each of the 21 activities considered. Because of the small number of persons within this group, any detailed analysis of these persons is not feasible. What can be accurately presented, however, is a description of their characteristics.

Almost one-half (48%, n=22) of the respondents who reported satisfaction with their participation fell in the 75 to 84 age group. Nine percent (n=4) were 85+ and 43% (n=20) were aged 62 to 74. Most (56%, n=26) were women; 44% (n=20) were men.

The largest proportion (46%, n=21) of these respondents were married; 35% (n=16) were widowed; eleven percent (n=5) were single and eight percent (n=4) were divorced or separated. The majority (51%, n=21) had monthly incomes below \$600.¹ Almost one-third, however, had monthly incomes exceeding \$999.

¹ On July 1, 1982, when this survey was conducted, the federal and provincial governments guaranteed the following total payments through the Old Age Security, Guaranteed Income Supplement and GAINS-A programs: \$529.29 for single seniors and \$1,003.28 for married seniors.

More than one-half (52%, n=23) of the persons in this group had less than nine years of education; 27%, (n=12) had nine to twelve years of schooling and 21% (n=9) had thirteen years or more. One-half (n=23) of the persons were British in origin; 28% (n=13) were from other European backgrounds and eleven percent (n=5) were French.

Forty-four percent (n=20) of the persons expressing satisfaction with their participation had no interfering health conditions. Two-thirds of the respondents had less than two interfering conditions. Four or more interfering conditions were reported by six persons or thirteen percent.

4. BARRIERS TO PARTICIPATION AND A PROFILE OF THE RESPONDENTS WHO REPORTED THEM

The respondents who did not fall into the group of 46 persons who reported satisfaction with the extent of their participation in each of the 21 activities, made up the remaining 94% (n=790) of the sample. This group was comprised of the persons who indicated that they wanted to participate more frequently than they had already been doing or that they wanted to participate and were not currently doing so. For each activity in which dissatisfaction was expressed, the respondents were asked to indicate the reasons for not participating to the extent they had wished. Table 4 shows that almost one-quarter (23%) of the barriers cited related to health; thirteen percent were cost related; eight percent were associated with distance; six percent involved the absence of companions; five percent related to the absence of transportation; two percent pertained to the absence of opportunities and two percent centered around the lack of knowledge as to how to get involved.

The type of barriers reported differed somewhat across areas. Table 5 shows that the most prominent differences across areas were found in relation to expense, distance, absence of companions and lack of transportation. Expense represented a larger proportion of the barriers cited in Toronto (15 percent) than in the other areas: Penetanguishene, Brockville (12%), Cookstown, Bruce Mines, Athens (hereafter the rural areas) (14%) and Sault Ste. Marie/Windsor (13%). Distance was cited as a barrier more frequently in the rural areas (9%) than in the urban areas (6%). The absence of companions was reported more often in the urban areas (7%) than in the rural areas (5%). Transportation problems comprised a smaller proportion of the barriers in Toronto (3%) than in the rural areas (6%) or in the other urban sites Penetanguishene, Brockville (6%); Sault Ste. Marie, Windsor (5%).

The barriers reported varied, not only across areas, but across activities as well. Table 6 illustrates that at least one-third of the respondents regarded health problems as barriers to reading (43%, n=100), taking walks (56%, n=171), gardening (51%, n=76), handicraft/artistic hobbies (36%, n=76), club participation (33%, n=49), volunteer work (34%, n=66) and participation in sports (59%, n=79).

Expense was considered a barrier most often by persons desiring to phone family (63%, n=165) and/or travel (45%, n=212). The absence of companions was not reported frequently except by persons wanting to participate in table games (40%, n=78).

A small number of respondents cited transportation as a barrier to leisure time pursuits. Transportation was named as a barrier in relation to going for drives (23%, n=68), going to visit friends (13%, n=33), attending church/synagogue (11%, n=21) and going to the theatre (10%, n=26).

The lack of opportunities was not frequently cited as a barrier. Where it was cited, it was in relation to gardening (24%, n=56) and going to the theatre (15%, n=38). A number of respondents indicated they were not sure how to go about becoming involved in certain activities. This barrier was specified particularly by those wanting to help out at election time (49%, n=62) and/or participate in volunteer work (12%, n=24).

The number of respondents who cited each barrier is indicated in Table 7. The largest proportion of respondents identified health problems (51%, n=400), expense (45%, n=353) and being busy (34%, n=271) as barriers. More than one-quarter cited distance (29%, n=227) and/or the absence of companions (27%, n=212) as barriers. Eighteen percent (n=139) regarded as barriers transportation and/or the absence of opportunities (18%, n=139).

The characteristics of the respondents who reported barriers to their participation (94%, n=790) were compared to the characteristics of persons who reported no barriers (6%, n=46). No differences in age, sex, marital status, health status, ethnic origin, income or years of formal education were found between these groups.

A comparison was also made of the characteristics of the respondents who reported each barrier to those who did not report the barrier. The characteristics used as the basis for this comparison included age, sex, years of formal education, ethnic group, number of interfering health conditions, marital status and income. The relationships found to be significant are reported in the following sections.

4.1 HEALTH

Fifty-one percent (n=400) of the respondents reported health as a barrier to their participation. Differences in age, sex, number of interfering health conditions, and marital status discriminated among groups in the identification of health as a barrier.

The likelihood of reporting health as a barrier increased with the respondents' age. Table 8 illustrates that health was cited as a barrier by 64% (n=41) of the respondents aged 85+ compared to 43% (n=211) of the respondents aged 62 to 74.

Health barriers were more frequently reported by women (53%, n=251) than by men (41%, n=144). See Table 9.

As expected, the respondents who reported a greater number of interfering health conditions had a greater tendency than the respondents with fewer interfering conditions to report health as a barrier. Table 10 illustrates that health barriers were cited by 81% (n=92) of the respondents who reported six or more interfering conditions compared to 24% (n=60) of those with no interfering conditions.

Widowed respondents (56%, n=152) were more likely to report health barriers than married respondents (44%, n=207), single respondents (45%, n=27) or persons who were divorced/separated (33%, n=11). See Table 11. It is noteworthy that barriers other than health were most frequently reported by divorced/separated persons (55%, n=18).

4.2 BEING TOO BUSY/OTHER INVOLVEMENTS

Just over one-third (34%, n=271) of the respondents cited "being too busy" (hereafter other involvements) as a barrier to their participation in the leisure activities. The persons who identified other involvements as their reasons for most participating to the extent they desired were distinguished by their age, their years of formal education, their number of interfering health conditions, their marital status and their income.

The younger respondents were more likely than the older respondents to indicate that their other involvements were barriers. Table 12 illustrates that other involvements were mentioned by 41% (n=203) of the persons aged 62 to 74 compared to eight percent (n=5) of persons aged 85+.

Those who had attended school for a longer period of time were more likely than the respondents who had attended school for a shorter period to indicate that other involvements kept them from participating to the extent they desired in leisure activities. Table 13 shows that other involvements were cited by 42% (n=59) of the persons who had thirteen or more years of schooling compared to 25% (n=87) of those who had attended school for less than nine years.

Fewer interfering health conditions were reported by persons who stated that other involvements kept them from participating as desired. Table 14 illustrates that persons who cited other involvements comprised forty percent (n=99) of those who did not have interfering conditions compared to 21% (n=24) of those who had six or more conditions.

Married respondents (39%, n=180) were more likely than single respondents (27%, n=16), widowed respondents (24%, n=66) or persons who were divorced/separated (24%, n=8) to indicate that other involvements kept them from participating to the extent they wished. See Table 15.

As the income of the respondents rose, the tendency to report other involvements as barriers also increased. Table 16 reveals that persons who identified other involvements comprised 41% (n=124) of the persons whose income exceeded \$999 compared to 21% (n=46) of the persons whose income fell below \$600.

4.3 EXPENSE

The expense of participating in leisure activities was cited as a barrier by 45% (n=353) of the respondents. The persons who identified expense could be identified by their age, years of formal education, marital status and income.

The younger respondents were more likely than the older respondents to cite expense as a barrier. Table 17 shows that 51% (n=253) of those under the age of 75 regarded expense as a barrier compared to sixteen percent (n=10) of those aged 85+.

Expense was reported as a barrier more often by persons who had more number of years of formal education. See Table 18. Fifty-four percent (n=75) of those with thirteen or more years of education reported expense as a barrier compared to 36% (n=128) of persons who had less than nine years of schooling.

Table 19 illustrates that divorced/separated persons (52%, n=17) and married persons (49%, n=227) more readily defined expense as an inhibiting factor to their participation. Single persons (38%, n=23) and widowed persons (31%, n=85) identified expense as a barrier considerably less often.

It is noteworthy that as the monthly income of the respondents increased, the likelihood of reporting expense as a barrier increased as well. Expense was cited as a barrier by one-half (n=152) of the persons whose monthly income exceeded \$999 compared to one-third (n=71) of those whose monthly income fell below \$600. Refer to Table 20.

4.4 TRANSPORTATION

Transportation (18%, n=139) was reported as an impediment to participation much less frequently than health, other involvements or expense. Those persons who found transportation to be a barrier differed by their age, their sex, their number of interfering health conditions, their marital status and their income.

As the respondents increased in age, they were more likely to report transportation as a barrier. Table 21 shows that transportation barriers were identified by 23% (n=15) of persons aged 85+ compared to thirteen percent (n=65) of persons aged 62 to 74. As well, women (21%, n=99) were more likely than men (11%, n=39) to find transportation a barrier to participation. Refer to Table 22.

The respondents with a greater number of interfering health conditions had a greater tendency to regard transportation as a barrier than the respondents with fewer interfering conditions. Table 23 illustrates that transportation was considered a problem by 24% (n=27) of those with six or more conditions compared to sixteen percent (n=39) of those without interfering conditions.

Single persons (28%, n=17) and divorced/separated persons (27%, n=9) were somewhat more likely than widowed persons (20%, n=54) or married persons (13%, n=59) to regard transportation as a barrier to their leisure time involvements. Refer to Table 24. Married persons (83%, n=387) were the most likely to report barriers other than transportation.

The respondents with lower incomes had a greater tendency to identify transportation as a barrier than the respondents with higher incomes. Fully 24% (n=51) of those who had monthly incomes of less than \$600 reported transportation as a barrier compared to eleven percent (n=32) of persons whose monthly income exceeded \$999. Refer to Table 25.

4.5 NOT SURE HOW TO GO ABOUT GETTING INVOLVED

Twelve percent (n=97) of the respondents indicated that they were not sure how to go about getting involved in some of the activities that they had desired. The sole distinguishing characteristics of these individuals was their level of education.

With more years of formal education, the probability decreased of reporting lack of knowledge as to how to get involved in an activity. Of the persons who indicated that they were not sure how to go about getting involved in an activity, seventeen percent (n=56) had nine to twelve years of education; seven percent (n=9) had thirteen or more years of schooling. Refer to Table 26.

4.6 NO COMPANIONS

Just over one-quarter (27%, n=212) of the respondents indicated that a lack of companions kept them from participating to the extent they wished in leisure activities. Tables 27 and 28 show that age and marital status significantly discriminated among groups with respect to persons who reported the absence of companions.

The respondents who were older were more likely than the younger respondents to cite the absence of companions as a barrier. Thirty-four percent (n=22) of the respondents aged 85+ compared to 23% (n=115) of persons between the ages of 62 to 74 defined the absence of companions as a problem. Widowed respondents (33%, n=90) and single respondents (28%, n=17) more frequently than married respondents (21%, n=96) reported that an absence of companions inhibited their participation.

4.7 TOO OLD

A small proportion of the respondents (6%, n=49) stated that "being too old" kept them from an involvement in selected leisure activities. The sole distinguishing characteristic of these persons was age. Table 29 illustrates that as the respondents increased in age, they had a greater tendency to identify age as a barrier. Age was considered a barrier by almost one-quarter (22%, n=14) of the persons aged 85+ compared to three percent (n=13) of persons between the ages of 62 to 74.

4.8 FAMILY HEALTH PROBLEMS

Twelve percent (n=95) of the respondents indicated that their participation in leisure activities suffered because of health problems in the family. This group had no distinguishing demographic characteristics.

4.9 OTHER BARRIERS

Weather was considered a barrier by five percent (n=36) of the respondents. Eighteen percent (n=139) cited the absence of opportunities as a barrier to participation. Distance was considered a barrier by 29% (n=227) of the respondents and laziness was reported by eighteen percent (n=141). Fear was cited by five percent (n=38) and others being too busy was reported by nineteen percent (n=147). The respondents who identified these barriers had no distinguishing characteristics.

5. CONCLUSION

This report has focused on the leisure time of the 846 older persons interviewed for the USCO survey. In Ontario, information on the way older persons spend their leisure time is severely lacking. Despite the absence of systematic studies on the recreational needs of older persons, many individuals have made the assumption that leisure involvements are fundamental to the older persons' well being. The value assigned to leisure time pursuits is based on the assumption that recreation and leisure offer a time for relaxation, entertainment and personal development and a basis for the enhancement of self esteem.

The findings of this study revealed that the respondents spent their leisure time in a variety of ways from helping out at election time, participating in sports and traveling to going to the theatre. The data underlined the diverse interests of the older persons in the sample and destroyed the stereotypical depiction of older persons as primarily card players, knitters and television viewers.

A significant proportion of the respondents said they were not content with the extent of their involvements. Thirty-one percent of all activities carried out were not done to the respondents' satisfaction. Fully 94% of the respondents identified activities that they wanted to become further involved in. The major barriers reported by the respondents included health, other involvements, cost, distance, the absence of companions, the absence of transportation and the absence of opportunities. The barriers cited differed across areas and varied considerably among persons of differing characteristics. The demographic characteristics that most frequently discriminated among groups were age, income and marital status.

A comparison of the older respondents to the younger respondents revealed that the older respondents were more likely to cite health, transportation, the absence of companions and being too old as barriers. They were less likely to report that other involvements and/or expense kept them from participating in desired activities.

The respondents who had higher incomes were more likely than the respondents with lower incomes to report that other involvements and expense were barriers to their participation. Respondents with higher incomes were less likely to report transportation as an impediment to their activity.

The marital status of the respondents discriminated among groups with respect to the following barriers: health, other involvements, expense, absence of transportation, absence of companions and family health problems. A comparison across groups reveals that widowed respondents more frequently cited health and the absence of companions as barriers. Married respondents had a greater tendency to define "other involvements" and expense as reasons for not participating. Single persons frequently reported transportation to be a problem.

This study has revealed that although participation in leisure activities is individual in that there is a wide variety of activities from which to choose, the variety is invariably limited by health, financial, transportation, and other social factors. Atchley (1972) points out that "personality, family, and social class values narrow the field of choice still more. Lack of facilities can also limit the options". (p.186).

The barriers to leisure time participation among older Ontarians have been documented in the paper. Many are complex: some entail responsibilities; other entail priorities. The suggestion has been made that the way older persons spend their leisure time is a significant determinant of their well being. This relationship has yet to be determined. If this relationship is rooted in fact, however, than systematic information on the options available to older persons and the factors that can limit these options is of critical importance. It is hoped that the findings presented in this paper provide a basis for this understanding.

TABLE 1
NUMBER AND PERCENTAGE OF RESPONDENTS BY THEIR
LEISURE INVOLVEMENTS

<u>Activity</u>	<u>(N) *</u>	<u>%</u>
Visits from Family	(775)	93
Phone Family	(757)	91
Go Visit Family	(737)	88
Visits from Friends	(733)	87
Reading	(736)	87
Phone Friends	(687)	82
Take Walks	(671)	79
Go Visit Friends	(664)	79
Go for Drives	(630)	75
Church/Synagogue	(567)	67
Table Games	(543)	65
Travel	(530)	63
Entertain	(510)	61
Garden	(479)	57
Handicraft/Artistic Hobbies	(412)	49
Clubs	(328)	39
Theatre	(293)	35
Volunteer Work	(228)	27
Go to Sports Events	(205)	25
Sports	(154)	18
Help at Election Time	(92)	11

*152 Missing Observations

TABLE 2

NUMBER AND PERCENTAGE OF RESPONDENTS BY THEIR
LEISURE INVOLVEMENTS AND BY THEIR INTEREST IN
INCREASING THEIR INVOLVEMENT

<u>Activity</u>	<u>(N) *</u>	<u>%</u>
Visits from Family	(305)	40
Phone Family	(224)	30
Go Visit Family	(271)	37
Visits from Friends	(233)	32
Reading	(183)	25
Phone Friends	(104)	15
Take Walks	(225)	34
Go Visit Friends	(179)	27
Go for Drives	(208)	34
Church/Synagogue	(124)	22
Table Games	(158)	30
Travel	(309)	59
Entertain	(136)	27
Garden	(119)	25
Handicraft/Artistic Hobbies	(131)	33
Clubs	(60)	19
Theatre	(131)	45
Volunteer Work	(67)	29
Go to Sports Events	(66)	33
Sports	(42)	28
Help at Election Time	(24)	27

*20 Missing Observations

TABLE 3

NUMBER AND PERCENTAGE OF RESPONDENTS WHO WERE
NOT CURRENTLY PARTICIPATING BUT WANTED TO
PARTICIPATE IN SELECTED LEISURE ACTIVITIES

<u>Activity</u>	<u>(N) *</u>	<u>%</u>
Visits from Family	(35)	63
Phone Family	(37)	51
Go Visit Family	(54)	57
Visits from Friends	(44)	41
Reading	(49)	48
Phone Friends	(25)	18
Take Walks	(83)	49
Go Visit Friends	(69)	38
Go for Drives	(91)	44
Church/Synagogue	(81)	31
Table Games	(43)	15
Travel	(151)	50
Entertain	(63)	20
Garden	(119)	34
Handicraft/Artistic Hobbies	(83)	20
Clubs	(94)	19
Theatre	(124)	23
Volunteer Work	(135)	23
Go to Sports Events	(67)	11
Sports	(94)	15
Help at Election Time	(103)	15

*186 Missing Observations

TABLE 4

BARRIERS IDENTIFIED TO PARTICIPATION: TOTAL SAMPLE
(PERCENTAGE)

Respondents Health Problems	23%
Respondents Busy	15%
Too Expensive	13%
Distance	8%
No Companions	6%
No Transportation	5%
Others Busy	5%
Lazy	4%
Family has Health Problems	4%
No Opportunities Available	3%
Not Sure how to go about it	2%
Feeling of Being Too Old	1%
Bad Weather	1%
Fearful	1%
Don't Know	1%
Other	9%
TOTAL	100%

TABLE 5

BARRIERS IDENTIFIED TO PARTICIPATION BY AREA
(PERCENTAGE)

	<u>Cooks/Ath/ Bruce M.</u>	<u>Penetang/ Brock</u>	<u>S.S.Marie/ Windsor</u>	<u>Total</u>
Health Problem	20%	23%	23%	26%
Respondents Busy	19%	13%	13%	14%
Too Expensive	14%	12%	13%	15%
Distance	9%	8%	6%	6%
No Companions	5%	7%	7%	7%
No Transportation	6%	6%	5%	3%
Others Busy	5%	4%	5%	4%
Lazy	4%	5%	6%	3%
Family has Health Problems	2%	5%	5%	3%
No Opportunities Available	4%	3%	3%	3%
Not Sure how to Go About It	2%	2%	2%	3%
Feeling of Being too Old	2%	1%	2%	1%
Bad Weather	1%	1%	1%	1%
Fearful	1%	1%	1%	1%
Other	6%	9%	8%	10%
	100%	100%	100%	100%

TABLE 6
BARRIERS CITED BY RESPONDENTS
PARTICIPATING IN COMMUNITY SERVICE ACTIVITIES
(NUMBER AND PERCENTAGE)

ACTIVITY	QUALITY PROBLEM (N)	REG. BUSY (N)	TOO EXPENSIVE (N)	DISTANCE (N)	NO OPPORTUNITIES (N)	NO TIME (N)	OTHERS LISTED (N)	LAST MONTH (N)	FAMILY HAS HEALTH PROB. (N)	NO OPPORTUNITIES AVAILABLE (N)	NOT SURE HOW TO GO ABOUT IT (N)	FEELING OF BEING OVERLOOKED (N)	NO MONEY (N)	FEARFUL (N)	OTHER (N)	TOTAL (N)
Visits from Family	(40) 2	(25) 7	-	(145) 43	-	-	(84) 29	-	(4) 3	-	-	(1) 1	(2) 1	-	(28) 14	(138) 100
Phone Family	(9) 3	(11) 4	(165) 63	-	-	-	(25) 13	(5) 2	(14) 2	-	-	-	-	-	(32) 13	(261) 100
Visit Family	(25) 11	(23) 7	(40) 12	(92) 28	(10) 3	(29) 8	(33) 10	(6) 2	(15) 5	-	-	(3) 1	(3) 1	(1) 1	(39) 13	(329) 100
Visits from Friends	(19) 7	(53) 19	(3) 1	(300) 11	(23) 8	(7) 3	(42) 22	(17) 6	(14) 5	-	-	(1) 1	(3) 1	-	(43) 14	(272) 100
Reading	(100) 43	(93) 36	-	-	-	-	-	(15) 7	-	-	-	-	-	-	(13) 6	(111) 100
Phone Friends	(27) 20	(26) 20	(145) 12	-	(22) 17	-	(5) 4	(10) 8	-	-	-	-	-	-	(21) 8	(237) 100
Take Walks	(17) 56	(53) 17	-	-	(10) 3	-	-	(24) 8	-	-	-	(5) 2	(15) 5	-	(24) 19	(132) 100
Go Visit Friends	(48) 19	(51) 21	(17) 7	(13) 5	(22) 9	(33) 13	(3) 1	(9) 4	(19) 8	-	-	(2) 1	(2) 1	(4) 2	(25) 10	(245) 100
Go for Drives	(13) 10	(20) 7	(82) 27	-	(48) 16	(68) 23	-	-	(18) 6	-	-	-	-	-	(33) 11	(299) 100
Church/Synagogue	(53) 27	(23) 11	-	(12) 7	(8) 4	(23) 11	-	(28) 14	(8) 5	(6) 3	(2) 1	(3) 2	(7) 4	-	(29) 11	(395) 100
Table Games	(25) 13	(39) 20	(2) 1	(11) 1	(78) 40	(7) 3	(2) 1	(9) 5	(9) 5	(2) 1	(4) 2	-	-	-	(18) 8	(196) 100
Travel	(92) 20	(25) 8	(232) 49	-	(20) 5	-	-	(6) 3	(42) 9	-	-	(12) 3	-	(3) 1	(41) 8	(464) 100
Entertain	(77) 30	(25) 13	(30) 16	-	(22) 11	-	-	(13) 6	(8) 4	-	-	(5) 3	-	(8) 3	(28) 14	(391) 100
Garden	(12) 51	(28) 12	-	-	(5) 1	-	-	(8) 3	(2) 1	(56) 24	-	(6) 3	(3) 1	-	(15) 4	(277) 100
Read/Write/ Artistic Hobbies	(76) 36	(71) 33	(13) 7	-	-	-	-	(14) 6	-	(6) 4	(10) 5	-	-	-	(22) 9	(214) 100
Clubs	(49) 33	(28) 19	(2) 1	(5) 3	(8) 5	(13) 7	-	(7) 5	(5) 3	(9) 3	(3) 2	(2) 1	(1) 1	(4) 1	(13) 10	(131) 100
Theatre	(40) 16	(18) 7	(44) 17	(5) 6	(21) 8	(26) 10	-	(4) 2	(16) 6	(28) 15	(1) 1	(1) 1	(3) 1	(15) 6	(13) 4	(259) 100
Volunteer Work	(66) 34	(56) 26	(4) 2	-	-	(11) 6	-	(10) 5	(6) 3	-	(24) 12	(6) 3	-	-	(14) 7	(197) 100
Go To Sports Events	(26) 20	(17) 13	(24) 18	(11) 9	(8) 6	(10) 8	-	(7) 5	(9) 8	(9) 6	-	(2) 2	(2) 2	(1) 1	(11) 3	(128) 100
Sports	(79) 59	(18) 12	(6) 4	(2) 1	(4) 3	(1) 1	-	(2) 1	(3) 2	(5) 3	(1) 1	(6) 6	-	(1) 1	(7) 6	(129) 100
Help at Election Time	(18) 15	(12) 9	-	-	-	(4) 3	-	(7) 6	(3) 2	-	(62) 49	(3) 2	-	-	(13) 16	(127) 100

TABLE 7

NUMBER AND PERCENTAGE OF RESPONDENTS BY THE BARRIERS
THEY IDENTIFIED TO THEIR PARTICIPATION

	(N)	%
Health Problem	(400)	51
Respondent Busy	(271)	34
Too Expensive	(353)	45
Distance	(227)	29
No Companions	(212)	27
No Transportation	(139)	18
Others Busy	(147)	19
Lazy	(141)	18
Family has Health Problems	(95)	12
No Opportunities Available	(139)	18
Not Sure How To Go About It	(97)	12
Feeling of Being Too Old	(49)	6
Bad Weather	(36)	5
Fearful	(38)	5
Other	(260)	33

N* = 836

*10 Missing Observations

TABLE 8

AGE GROUP OF RESPONDENTS BY WHETHER THEY REPORTED
HEALTH AS A BARRIER

(NUMBER AND PERCENTAGE)

	<u>Age Group</u>					
	<u>62 - 74</u>		<u>75 - 84</u>		<u>85+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Health	(284)	57	(127)	46	(19)	30
Did cite Health	(211)	43	(147)	62	(45)	70
TOTAL*	(495)	100	(274)	100	(64)	100

Chi Square = 26.47 P < .01

*3 Missing Observations

TABLE 9

SEX OF RESPONDENTS BY WHETHER THEY REPORTED HEALTH
AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>Men</u>		<u>Women</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Health	(188)	53	(196)	41
Did cite Health	(165)	47	(278)	59
TOTAL*	(353)	100	(474)	100

Chi Sq. = 12.46 P < .01

* 9 Missing Observations

TABLE 10

NUMBER OF INTERFERING HEALTH CONDITIONS OF RESPONDENTS
BY WHETHER THEY REPORTED HEALTH AS A BARRIER
(NUMBER AND PERCENTAGE)

Number of Interfering Health Conditions

	0		1		2 - 3		4 - 5		6	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Health	(188)	76	(90)	56	(101)	48	(36)	35	(21)	19
Did cite Health	(60)	24	(71)	44	(110)	52	(67)	65	(92)	81
TOTAL	(248)	100	(161)	100	(211)	100	(103)	100	(113)	100

Chi Sq. = 121.33 P < .01

TABLE 11

MARITAL STATUS OF RESPONDENTS BY WHETHER THEY REPORTED
HEALTH AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>MARITAL STATUS</u>							
	<u>SINGLE</u>		<u>MARRIED</u>		<u>WIDOWED</u>		<u>DIVORCED/ SEPARATED</u>	
	(N)	%	(N)	%	(N)	%	(N)	%
Did not cite Health	(33)	55	(260)	56	(121)	44	(22)	67
Did cite Health	(27)	45	(207)	44	(152)	56	(11)	33
TOTAL*	(60)	100	(467)	100	(273)	100	(33)	100

Chi Square = 18.69 P < .01

*3 Missing Observations

TABLE 12

AGE GROUP OF RESPONDENTS BY WHETHER THEY REPORTED
"BEING TOO BUSY" AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>Age Group</u>					
	<u>62 - 74</u>		<u>75 - 84</u>		<u>85+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Being too Busy	(292)	59	(213)	78	(59)	92
Did cite Being too Busy	(203)	41	(61)	22	(5)	8
TOTAL*	(495)	100	(274)	100	(64)	100

Chi Square = 49.87 P < .01

*3 Missing Observations

TABLE 13

NUMBER OF YEARS OF FORMAL EDUCATION OF RESPONDENTS BY
WHETHER THEY REPORTED "BEING TOO BUSY" AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>Years of Formal Education</u>					
	<u>0 - 8</u>		<u>9 - 12</u>		<u>13+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Being too busy	(266)	75	(189)	63	(80)	58
Did cite Being too busy	(87)	25	(119)	37	(59)	42
TOTAL*	(353)	100	(322)	100	(139)	100

Chi Square = 20.39 P < .01

*22 Missing Observations

TABLE 14

NUMBER OF INTERFERING CONDITIONS INDICATED BY RESPONDENTS
BY WHETHER THEY REPORTED "BEING TOO BUSY" AS A BARRIER
(NUMBER AND PERCENTAGE)

Number of Interfering Health Conditions

	0		1		2 - 3		4 - 5		6	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Being too Busy	(149)	60	(113)	70	(143)	68	(71)	69	(89)	79
Did cite Being too Busy	(99)	40	(48)	30	(68)	32	(32)	31	(24)	21
TOTAL	(248)	100	(161)	100	(211)	100	(103)	100	(113)	100

Chi Sq. = 24.85 P < .01

TABLE 15

MARITAL STATUS OF RESPONDENTS BY WHETHER THEY REPORTED
"BEING TOO BUSY" AS A BARRIER
(NUMBER AND PERCENTAGE)

MARITAL STATUS

	<u>SINGLE</u>		<u>MARRIED</u>		<u>WIDOWED</u>		<u>DIVORCED/ SEPARATED</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Being too Busy	(44)	73	(287)	61	(207)	76	(25)	76
Did cite Being too Busy	(16)	27	(183)	39	(65)	24	(8)	24
TOTAL*	(60)	100	(467)	100	(273)	100	(33)	100

Chi Square = 22.50 P < .01

*3 Missing Observations

TABLE 16

MONTHLY INCOME OF RESPONDENTS BY WHETHER THEY REPORTED
"BEING TOO BUSY" AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>MONTHLY INCOME</u>							
	<u>\$000 - 599</u>		<u>600 - 799</u>		<u>800 - 999</u>		<u>1000+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Being too Busy	(173)	79	(80)	69	(95)	65	(179)	59
Did cite Being too Busy	(46)	21	(36)	31	(50)	35	(124)	41
TOTAL*	(216)	100	(116)	100	(145)	100	(303)	100

Chi Square = 32.47 P < .01

*56 Missing Observations

TABLE 17

AGE GROUP OF RESPONDENTS BY WHETHER THEY REPORTED
EXPENSE AS A BARRIER

(NUMBER AND PERCENTAGE)

	<u>Age Group</u>					
	<u>62 - 74</u>		<u>75 - 84</u>		<u>85+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Expense	(242)	49	(186)	68	(54)	84
Did cite Expense	(253)	51	(88)	32	(10)	16
TOTAL*	(495)	100	(274)	100	(64)	100

Chi Square = 48.44 P < .01

*3 Missing Observations

TABLE 13

NUMBER OF YEARS OF FORMAL EDUCATION OF RESPONDENTS BY
WHETHER THEY REPORTED EXPENSE AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>Years of Formal Education</u>					
	<u>0 - 8</u>		<u>9 - 12</u>		<u>13+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Expense	(225)	64	(179)	56	(64)	46
Did cite Expense	(128)	36	(143)	44	(75)	54
TOTAL*	(353)	100	(322)	100	(139)	100

Chi Square = 15.44 P < .01

*22 Missing Observations

TABLE 19

MARITAL STATUS OF RESPONDENTS BY WHETHER THEY REPORTED
EXPENSE AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>SINGLE</u>		<u>MARRIED</u>		<u>WIDOWED</u>		<u>DIVORCED/ SEPARATED</u>	
	(N)	%	(N)	%	(N)	%	(N)	%
Did not cite Expense	(37)	62	(240)	51	(188)	69	(16)	48
Did cite Expense	(23)	38	(227)	49	(85)	31	(17)	52
TOTAL*	(60)	100	(467)	100	(273)	100	(33)	100

Chi Square = 28.76 P < .01

*3 Missing Observations

TABLE 20

MONTHLY INCOME OF RESPONDENTS BY WHETHER THEY REPORTED
EXPENSE AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>MONTHLY INCOME</u>							
	<u>\$000 - 599</u>		<u>600 - 799</u>		<u>800 - 999</u>		<u>1000+</u>	
	(N)	%	(N)	%	(N)	%	(N)	%
Did not cite Expense	(145)	67	(68)	59	(79)	55	(151)	50
Did cite Expense	(71)	33	(48)	41	(66)	45	(152)	50
TOTAL*	(216)	100	(116)	100	(145)	100	(303)	100

Chi Square = 25.83 P < .01

*56 Missing Observations

TABLE 21

AGE GROUP OF RESPONDENTS BY WHETHER THEY REPORTED
TRANSPORTATION AS A BARRIER

(NUMBER AND PERCENTAGE)

	<u>Age Group</u>					
	<u>62 - 74</u>		<u>75 - 84</u>		<u>85+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Transportation	(430)	87	(218)	80	(49)	77
Did cite Transportation	(65)	13	(56)	20	(15)	23
TOTAL*	(495)	100	(274)	100	(64)	100

Chi Square = 16.70 P < .01

*3 Missing Observations

TABLE 22

SEX OF RESPONDENTS BY WHETHER THEY REPORTED TRANSPORTATION
AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>Men</u>		<u>Women</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Transportation	(314)	89	(375)	79
Did cite Transportation	(39)	11	(99)	21
TOTAL*	(353)	100	(474)	100

Chi Sq. = 14.15 P < .01

* 9 Missing Observations

TABLE 23

NUMBER OF INTERFERING CONDITIONS REPORTED BY
WHETHER THEY REPORTED TRANSPORTATION AS A BARRIER
(NUMBER AND PERCENTAGE)

Number of Interfering Health Conditions

	0		1		2 - 3		4 - 5		6	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Transportation (209)	84		(143)	89	(179)	85	(80)	78	(86)	76
Did cite Transportation (39)	16		(18)	11	(32)	15	(23)	22	(27)	24
TOTAL	(248)	100	(161)	100	(211)	100	(103)	100	(113)	100

Chi Sq. = 17.95 P < .05

TABLE 24

MARITAL STATUS OF RESPONDENTS BY WHETHER THEY REPORTED
TRANSPORTATION AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>MARITAL STATUS</u>							
	<u>SINGLE</u>		<u>MARRIED</u>		<u>WIDOWED</u>		<u>DIVORCED/ SEPARATED</u>	
	(<u>N</u>)	<u>%</u>	(<u>N</u>)	<u>%</u>	(<u>N</u>)	<u>%</u>	(<u>N</u>)	<u>%</u>
Did not cite Transportation	(43)	72	(408)	87	(219)	80	(24)	73
Did cite Transportation	(17)	28	(59)	13	(54)	20	(9)	27
TOTAL*	(60)	100	(467)	100	(273)	100	(33)	100

Chi Square = 24.16 P < .01

*3 Missing Observations

TABLE 25

MONTHLY INCOME OF RESPONDENTS BY WHETHER THEY REPORTED
TRANSPORTATION AS A BARRIER
(NUMBER AND PERCENTAGE)

		<u>MONTHLY INCOME</u>							
		<u>\$000 - 599</u>		<u>600 - 799</u>		<u>800 - 999</u>		<u>1000+</u>	
		<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite									
Transportation	(165)	67		(39)	77	(121)	83	(271)	89
Did cite									
Transportation	(51)	24		(27)	23	(24)	17	(32)	11
TOTAL*	(216)	100		(116)	100	(145)	100	(303)	100

Chi Square = 34.28 P < .01

*56 Missing Observations

TABLE 26

NUMBER OF YEARS OF FORMAL EDUCATION OF RESPONDENTS BY
WHETHER THEY REPORTED THAT THEY WERE "NOT SURE
HOW TO GO ABOUT GETTING INVOLVED" IN LEISURE
ACTIVITIES
(NUMBER AND PERCENTAGE)

	<u>Years of Formal Education</u>					
	<u>0 - 8</u>		<u>9 - 12</u>		<u>13+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Not sure how to get involved	(323)	91	(266)	83	(130)	94
Did cite Not sure how to get involved	(30)	9	(56)	17	(9)	6
TOTAL*	(353)	100	(322)	100	(139)	100

Chi Square = 18.19 P < .01

*22 Missing Observations

TABLE 27

AGE GROUP OF RESPONDENTS BY WHETHER THEY REPORTED
THE ABSENCE OF COMPANIONS AS A BARRIER

(NUMBER AND PERCENTAGE)

	<u>Age Group</u>					
	<u>62 - 74</u>		<u>75 - 84</u>		<u>85+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Absence of Companions	(380)	77	(199)	73	(42)	66
Did cite Absence of Companions	(115)	23	(75)	27	(22)	34
TOTAL*	(495)	100	(274)	100	(64)	100

Chi Square = 11.32 P < .05

*3 Missing Observations

TABLE 28

MARITAL STATUS OF RESPONDENTS BY WHETHER THEY REPORTED
THE ABSENCE OF COMPANIONS AS A BARRIER
(NUMBER AND PERCENTAGE)

	<u>MARITAL STATUS</u>							
	<u>SINGLE</u>		<u>MARRIED</u>		<u>WIDOWED</u>		<u>DIVORCED/ SEPARATED</u>	
	(N)	%	(N)	%	(N)	%	(N)	%
Did not cite Absence of Companions	(43)	72	(371)	79	(183)	67	(25)	76
Did cite Absence of Companions	(17)	28	(96)	21	(90)	33	(8)	24
TOTAL*	(60)	100	(467)	100	(273)	100	(33)	100

Chi Square = 21.96 P < .01

*3 Missing Observations

TABLE 29

AGE GROUP OF RESPONDENTS BY WHETHER THEY REPORTED
"BEING TOO OLD" AS A BARRIER

(NUMBER AND PERCENTAGE)

	<u>Age Group</u>					
	<u>62 - 74</u>		<u>75 - 84</u>		<u>85+</u>	
	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>	<u>(N)</u>	<u>%</u>
Did not cite Being too old	(482)	97	(252)	92	(59)	78
Did cite Being too old	(13)	3	(22)	8	(14)	22
TOTAL*	(495)	100	(274)	100	(64)	100

Chi Square = 48.15 P < .01

*3 Missing Observations

APPENDIX

OTHER PAPERS IN USCO SERIES

The data which was gathered in the USCO survey provides base line information on the living situation of senior citizens who are not living in institutions in the province of Ontario. The volume and comprehensiveness of the data demanded separate analysis to allow for clear and complete information regarding the association between variables. A series of papers resulted with each paper having a particular emphasis.

Within the series, seven papers are issue oriented:

1. Elderly Residents in Ontario: Their Health Status and Use of the Health Care System.
2. Elderly Residents in Ontario: Social Contacts, Providers of Assistance and Requests for Additional Assistance.
3. Elderly Residents in Ontario: Their Participation as Volunteers and Their Interest in Volunteerism.
4. Elderly Residents in Ontario: Their Use of Transportation.
5. Elderly Residents in Ontario: Their Potential and Actual Use of Community Services.
6. Elderly Residents in Ontario: Their Current Housing Situation and Their Interest in Various Housing Options.
7. Elderly Residents in Ontario: Their Participation in Leisure Activities and The Barriers to Their Participation.

Six papers provide profiles of subgroups within the population surveyed:

8. Elderly Residents in Ontario: The Experience of Those Who are Childless.
9. Elderly Residents in Ontario: Age Differences With Particular Focus on Persons Aged 85+.
10. Elderly Residents in Ontario: The Experiences of Those Who Are Frail.
11. Elderly Residents in Ontario: Differences by Marital Status With Particular Focus on Those Who Are Single.

12. Elderly Residents in Ontario: Income Group Differences.
13. Elderly Residents in Ontario: Rural-Urban Differences.

The series also includes:

14. Elderly Residents in Ontario: Study Methodology: a paper outlining the background of the study and the research methods employed.
15. Elderly Residents in Ontario: An Overview: a paper summarizing the findings and content of the other fourteen papers in the series.

The intention is that each of the fifteen papers in the series can be studied on its own but, also that the complete series will offer continuity and comprehensive information in an accessible form.

Additional copies of this report, and others in the series, are available in person from the Ontario Government Bookstore, 880 Bay Street, Toronto, Ontario;

or, by mail through contacting:

Publications Services
5th Floor, 880 Bay Street
Toronto, Ontario
M7A 1N8

In Ontario call toll free 1-800-268-7540; or, from area code 807 ask the Operator for Zenith 6-7200.

APPENDIX

GLOSSARY

Chi Square:

a test of statistical significance which is used to determine whether variables are independent or related and to also determine the extent to which the relationship is systematic and is not just occurring by chance.

Cleaning:

a method by which the data is systematically examined to identify and eliminate inappropriate codes and wild punches (key punching errors).

Coding:

a method of transforming information from the interview schedule into a numerical scheme for purposes of data analysis. The codes are subsequently key punched onto a computer card and fed into the computer for analysis.

**Community Agency/
Service:**

all health, social, legal and financial services available in a community and organized under public or voluntary auspices. The services may operate with or without paid staff, and may or may not charge the user for services rendered.

Cross Tabulations:

a joint frequency distribution of cases according to two or more classificatory variables. The cross tabulations allow for statistical analysis using a test of significance such as the chi-square test.

Data:

the information gathered in the study. In this project it consists of information gathered from the 846 interviews.

Dependent Variable:

the outcome or determined condition in a relationship between two or more variables.

Disability:

the requirement for assistance or the inability to carry out activities related to day to day living (i.e., housework, meal preparation.)

Frail:

reports of three or more disabilities was the basis for defining a person as frail.

- Frequencies:** descriptive statistics used to organize data. The information is divided into variable categories or intervals and the number of cases in each category is known as the 'frequency' for that variable. The relative frequency is calculated by computing the percentage represented by the number of cases in each variable category.
- Friendly Visiting:** a community service wherein the individual receives personal visits from another person. This service may be organized under public or voluntary auspices and its purpose is to provide seniors with friendly contact.
- G.I.S.:** Guaranteed Income Supplement - a federal government supplement given to seniors to ensure that their income is at a specified level.
- GAINS-A:** Ontario provincial income supplement for senior citizens.
- Health Care System:** family physicians, specialists, hospitalizations, nursing home or rehabilitation centres.
- Home Care:** a program of visiting health care services to people in their own homes who meet eligibility criteria as established by the Ontario Ministry of Health.
- Independent Variables:** the determining condition in a relationship of two or more variables.
- Institutional Settings:** nursing homes, homes for the aged, chronic care units in general hospitals or chronic care hospitals, special care facilities and mental health facilities.
- Instrument:** the tool used to gather data; in this case the tool was an interview schedule.
- Interfering Health Conditions:** health conditions identified by a physician which the respondents consider to interfere with their day to day activities.
- Interview Schedule:** the questionnaire used by the interviewer to ask questions and record information.

- Leisure Activity:** an activity which a person participates in by choice and of their own volition; includes recreational activities, hobbies, volunteer work, etc.
- Mean ($\bar{X}$):** the sum of all the observations divided by the number of observations.
- Missing Observations:** instances in which the information is not available for a particular question.
- Multiple Response:** a procedure done on the computer with the use of SPSS whereby a analysis can be done of questions to which the respondents might legitimately make more than one reply.
- OARS ADL Scale:** specific questions developed for OARS (Older American Resources and Service Program of the Duke University Centre for the Study of Aging and Human Development). The ADL Scale measures the ability of respondents to carry out the activities of daily living (ADLS), (i.e., use of the telephone and meal preparation).
- Old Age Security Data Base:** a complete listing of all persons aged 62+ who receive the Old Age Security Pension.
- Paid Help:** distinguished from a community service in that it is assistance received which is not organized under public auspices as a service. It is all other assistance for which a fee is paid.
- Personal Care Activities:** activities such as bathing, dressing and getting in and out of bed.
- Pretest:** the testing of a research instrument such as a questionnaire or interview schedule prior to actually administering it for a study. The purpose of a pretest is to see how the instrument actually works in the field. The extent to which the questions are understood and the ease with which the instrument is administered is examined.

Previously Married:

individuals who were married but are not presently married due to being widowed, divorced or separated.

Random Sample:

a process for sample selection in which every element in the population is given an equal chance of being picked.

Representativeness:

the degree to which the study sample represents the population at large. Specific characteristics such as sex and age can be compared to determine the representativeness.

S.D.:

a statistic which measures the scatter of a set of data and indicates the extent to which the responses vary around the mean.

SPSS:

Statistical Package for the Social Sciences is a system of computer programs for the purpose of data analysis.

Sample:

part of the population at large, selected for study.

Sample Frame:

the base from which a sample is drawn, i.e., list of names.

Significant Differences:

determined through a statistical procedure to establish that the relationship between variables did not occur by chance.

Single:

persons who have never been married or are not living common-law.

Social Contacts:

visits with friends and family or in person.

Socio-Economic:

characteristics frequently used to measure social status such as educational level or income.

Stratified Sample:

a sample procedure whereby all individuals are divided into groups or categories (in the case of this study it was communities) and then an independent sample is selected within each group or stratum.)

Supportive Housing Arrangements:

a housing arrangement in which some supportive services are available, such as meals, house cleaning.

Tau:

Kendal's Tau: a statistic used to measure the association among ordinal data. It summarizes the relationship between variables.

Variable:

refers to a particular characteristic of the sample being considered.

Volunteer:

a person who gives his/her time to a particular cause or organization without pay.

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